



# 2015 NATURE DAY CAMP NATURE ADVENTURE AND TNT HANDBOOK



Week-long camps in July and August  
9am-3pm

Please be sure to read over the whole handbook carefully with your camper so that you're ready for a fantastic week!

## **MONDAY MORNING CHECK-IN PROCEDURES**

- 8:45-9:00am** Meet your Environmental Educator, receive important details about camp, sign in, adults can go, campers start having fun!
- 3:00pm** Pick your camper up and sign them out in their den

## **Nature Daycamp Checklist** It's always fun to be prepared!

**Appropriate Clothing** ☺ We want campers to be safe and comfortable.

- ☐ Rain Gear      ☐ Warm Play Clothes      ☐ Extra Set of Clothes      ☐ Hat  
☐ Comfortable Walking Shoes      ☐ Sunscreen      ☐ Backpacks are nice, but not mandatory

**Food** ☺ Daycampers are very active.

*(We do not have any overall restrictions on food that campers can bring. Please check the Den Lists (available the Monday before your child starts camp) to see if your child's den has any restrictions. Please notify us if your child has an allergy so we can make accommodations.)*

- ☐ Healthy Lunch, Snack, and Drink (campers do not have access to a refrigerator or microwave)  
☐ **A reusable water bottle is HIGHLY RECOMMENDED**  
☐ Reusable lunch containers

### **Beach Day**

- ☐ **Closed-toe shoes that can get wet**      ☐ Warm clothes      ☐ Sunscreen      ☐ Hat  
☐ Clothes that can get wet (bathing suits are not necessary, we do not swim)  
☐ Dry socks, shoes and clothes to change into after the beach, campers must wear shoes, and dry shoes are always nicest.



**Nature Daycamp is a 501c3 non-profit.**



# **THE RIGHTS WE HAVE AT NATURE DAYCAMP**

**I have the right to be treated with kindness at camp.**

This means no one will laugh at me, tease, or insult me.

**I have the right to be myself at camp.**

This means no one will treat me unfairly because I am fat or thin, fast or slow, boy or girl.

**I have a right to feel safe at camp.**

This means no one will threaten me, bully me, push me, or destroy my property.

**I have a right to be heard at camp.**

This means no one will yell or shout at me and my opinions will be considered in any plans we make.

**I have the right to learn about myself at camp.**

This means I will be free to express my feelings and opinions without being interrupted or criticized.



## **The Goals of Discovery Park Nature Daycamp**

- 🌿 To provide a positive experience in nature
- 🌿 To foster appreciation and wonder of our natural world
- 🌿 To provide positive adult and teen role models
- 🌿 To provide opportunities for stewardship within the park
- 🌿 To provide a variety of hands-on, interdisciplinary environmental education activities to program participants
- 🌿 To develop a meaningful volunteer experience involving environmental activities and camper supervision for junior naturalists

## **Camp Details**

### **Where can I find my camper's den assignment?**

Your camper's den assignment will be posted at the Discovery Park Environmental Learning Center the Monday before the child's scheduled week. TNT campers operate as one big group.

### **What can you tell me (the camper) about Nature Daycamp?**

#### **Who will be there?**

Each week children ages 4 -12 participate in **Discovery Park's Nature Daycamp!** Children are placed into small groups (dens) of 8-10. Each den has the same Environmental Educator for the entire week.

#### **Who will be in charge of my den?**

Discovery Park Nature Daycamp's camp counselors/group leaders are called Environmental Educators. We all have CPR and First Aid Training and are Washington State Patrol background checked and have lots of experience working with kids to help foster appreciation and respect of our natural world. Many dens may also have a Junior Naturalist, a kid age 13-16, here to serve as a positive role model and a great helper.

## **DIRECTIONS TO DISCOVERY PARK:**

From I-5: Take the 45th St. Exit. Go west on 45th St. Follow the arterial as it zigzags, changes names, and eventually becomes Market St. Continue west until you intersect 15th NW. Turn left on 15th, crossing the Ballard Bridge. Take the first right after the bridge onto W. Emerson. Follow W. Emerson to Gilman. Turn right onto Gilman. Follow this arterial as it turns and changes names until you get to 36th Ave W. Directly in front of you is the main entrance to Discovery Park. Go straight through and take the first left. You have arrived in the East Parking Lot. Please follow the path and walk around the Environmental Learning Center to the Nature Daycamp building.

From Downtown: Take Denny Way to Elliot Ave. W. Continue north on Elliot as it turns into 15th W. Take the Dravus St. exit. Turn left onto Dravus and continue until 20th W. Turn right on 20th W. Follow this arterial as it changes names until you get to 36th Ave. W. Directly in front of you is the main entrance to Discovery Park. Go straight through and take the first left. You have arrived in the East Parking Lot. Please follow the path and walk around the Environmental Learning Center to the Nature Daycamp building.

## **Before and Aftercamp Program**

### **My caregivers need to get to work before my camp starts; can I come to camp early?**

The Beforecamp program will be offered Tuesday –Friday 8am -9am. Campers will be entertained and then signed into their dens by the Nature Daycamp Directors. On Mondays we need all caregivers to be present for the caregiver meeting at 8:45 am. Beforecamp fees are \$10/day.

### **I love camp and want my day to last a little longer, what can I do?**

The Aftercamp program is a fun and safe way to extend your day. Campers will have time to relax, do crafts, play games, and hang out and have fun. The Aftercamp program is offered Monday- Friday from 3-5:00 pm and will be held in the classrooms of the Environmental Learning Center. Aftercamp fees are \$20/day and fees must be paid before a child can attend the Aftercamp Program. Campers may be picked up any time **before 5:00pm**. A note will always be left if campers are out exploring during Aftercamp and you can ask the front desk for assistance in finding your child. The Environmental Learning Center hours are 8:30am-5:00pm.

**If you are late picking up your child from Aftercamp (after 5pm), we will charge you a late fee. Late fees are as follows: \$1 per minute**

You will be required to pay immediately with either check or cash. If you are unable to pay at that time, payment must be received the next day for your camper to attend Daycamp. Please be on time! ☺

## **I ♥ LOVE ♥ CAMP AND WANT TO REMEMBER IT FOREVER!**

**Please check out our fundraising table as you either drop-off or pick-up your child to find memories that will help your child remember this very special place!**

<b>Nature Day Camp Sweatshirts</b>	<b>\$20-30</b>
<b>Previous Camp Year T-shirts</b>	<b>\$5</b>
<b>Previous Camp Year Patches</b>	<b>\$1</b>
<b>Bandanas</b>	<b>\$5</b>

**Nature Daycamp is a 501c3 non-profit. Proceeds go to the Nature Daycamp scholarship fund. Your tax deductible donations also help provide scholarships.**

# **Misc. (but important) Info**

## **CONTACT INFO:**

Nature Daycamp Office: (206) 386-4273  
Visitor Center Front Desk: (206) 386-4236  
(The Visitor Center is open Tuesday-Sunday 8:30am-5pm.  
They are CLOSED on Mondays.)

Daycamp Director: [Trixie.Magsarili@seattle.gov](mailto:Trixie.Magsarili@seattle.gov)  
Assistant Director: [Erika.Peterson@seattle.gov](mailto:Erika.Peterson@seattle.gov)

**MANDATORY CHECK IN AND OUT PROCEDURE:** Campers must be dropped off and picked up inside their assigned dens. A parent or authorized adult must sign in and out their child every day when arriving and leaving. Signatures must be at least your first initial and full last name. Children will be released only to those individuals authorized by legal guardians, please keep your environmental educator updated on changes to your pick-up list. **We are grateful for your patience, your environmental educator meets lots of adults and it is their job to make sure who you are. They may ask you everyday to remind them of who you are- remember this is for your child's safety. Thank you in advance!**

**LATE FEE:** Nature Daycamp hours are 9am-3pm. Children look forward to seeing their adults after a busy and exciting day, and it is confusing when no one is there to pick them up. Please help us and your child by being on time. A late fee of \$1 per minute will be charged at time of pick-up. If you are in need of Aftercamp, please see the previous section.

**REPORTING ABSENCES:** The guardian is responsible for notifying Nature Daycamp when a child will not be in attendance for the day or any part of the day. Each camper is important to us and we worry when they are not here on time, please let us know if your camper will be late or unable to attend. **Please call the Nature Daycamp Office at 206-386-4273.**

**ILLNESS:** Children not well enough to follow the day's routine of hiking and outside play must not attend camp. This includes children with the following symptoms: fever, sore throat, active rash, discharging eyes, nausea, diarrhea, stomach pain, early cold.

**CONTAGIOUS DISEASE:** Adults must inform the camp director immediately if a child contracts contagious disease or is exposed to one. This includes but is not limited to chicken pox, conjunctivitis, mumps, measles, viral infections, Fifth's disease, and lice. Nature Daycamp will post a notice to alert others. Children being treated with antibiotics for a contagious disease may not return to our facility until s/he had been using the medication for a 24 to 48 hour period and/or the danger of infecting others is over. Incidents of contagious disease are reported to the Public Health Department.

**ADMINISTRATION OF MEDICATION:** Any medication administered to a child while at our facility, prescription or non-prescription, **must** be accompanied by written approval of a physician. Medication must be in the original container with the patient's name and date of purchase. Your physician must fill out a Medical Treatment Authorization form for any medication to be administered by the Nature Daycamp Staff. **Please contact Trixie or Erika in advance of camp for this form.**

**EMERGENCY PROCEDURES:** In case of a serious illness or injury the following procedures will be followed:

1. Administer immediate first aid/CPR
2. Contact 911
3. Call guardian or emergency contact
4. Transport to nearest hospital (if necessary)
5. File accident/medical report
6. Report to Camp Director/Park Manager



If an emergency arises and you need to contact a child during camp, please call the Visitor's Center at 206-386-4236. Park staff will locate the child for you.

**LOST AND FOUND:** We have a "Lost and Found" bin outside of the Red/Orange Dens. If requested, we can also leave items at the Visitor Center front desk. The Visitor Center is open Tuesday-Sunday 8:30am to 5:00pm.

**REFUNDS:** A participant may be issued a refund for a day camp program, if he/she notifies the city staff at least fourteen (14) days prior to the beginning date of the camp. If you have only paid the \$15 deposit, the deposit is non-refundable and non-transferrable and no refund will be given. If you have paid in full and made a request at least fourteen (14) days prior, you will receive a refund minus \$15 (the non-refundable, non-transferrable deposit). No refunds will be made for requests received within fourteen (14) days prior to the beginning of the camp.

**PRO-RATING:** We do not pro-rate tuition fees for illness, absences, behavioral suspensions, or unannounced vacations. Children enrolled in Nature Daycamp are reserving time, space, supplies, and staff whether or not the child actually attends.

**DISCIPLINE:** To maintain a safe and cooperative setting, Discovery Park Nature Daycamp has specific policies and limitations that govern our facilities, program staff, and the behavior of each child. Compliance with imposed limits and policies of the facility and program is expected. Should it become necessary to correct or resolve any dangerous or disruptive behavior, Nature Daycamp staff will follow the following steps:

1. **Reasoning:** Communication between the child and staff where problems and solutions are identified
2. **Time out:** Removal from specific activity for a short period of time followed by child/staff conference
3. **Guardian/Child/Staff conference and contract**
4. **Dismissal from program**

Nature Daycamp staff use a positive behavior reinforcement system to promote appropriate behavior. No form of physical discipline is allowed. We hope to minimize the need for disciplinary methods.

**Your attendance at Nature Daycamp demonstrates your agreement to these discipline guidelines.**

♥♥♥ **Don't forget to check out our fundraising table as you either drop-off or pick-up your child to find memories that will help your child remember this very special place!** ♥♥♥



# What are we going to talk about and when?

*Through nature walks, hands-on exploration, games, stories, songs, crafts, simulation, and imagination, we will have a positive, fun and exciting experience in nature!*

## What will we (me and my new friends) be doing?

At Nature Daycamp we spend a lot of time outside enjoying nature: rain or shine. ***“If you always have dry feet, you miss half the fun of life”– Thoreau*** We feel very lucky to have such a beautiful place to explore and we want to try and see every inch of it by walking, hiking, running, skipping and crawling a GREAT, GRAND, GOOD amount of the time. Each day the dens visit one of the Park’s four main habitats (Pond, Beach, Meadow, and Forest) to explore and learn about the plants and animals that live there! So grab your boots, walking shoes, rain coat, jacket, imagination and join us for a ton of fun!

## What should I wear?

We love to get dirty playing and making crafts at Nature Daycamp so please wear play clothes--like the fun memories we make, our stains may last forever. It’s a good idea to have comfortable shoes (closed-toe shoes are the best) or boots that are good for walking, a jacket, and extra clothes just in case—you will have your own cubby to use for the week and you’re welcome to leave extra clothes there.



# I ♥ LOVE ♥ CAMP AND WANT TO REMEMBER IT FOREVER!

**Please check out our fundraising table as you either drop-off or pick-up your child to find memories that will help your child remember this very special place!**

Nature Day Camp Sweatshirts	\$20-30
Previous Camp Year T-shirts	\$5
Previous Camp Year Patches	\$1
Bandanas	\$5

**Nature Daycamp is a 501c3 non-profit. Proceeds go to the Nature Daycamp scholarship fund. Your tax deductible donations also help provide scholarships.**

## Nature Adventure Camp (ages 6-8)

**Monday (Forest Day): Conserving with conifers in Discovery Park!** Welcome to your first day at Nature Adventure Camp! Meet your environmental educator, make new friends, and spend the day exploring the forest. We will spend the day learning about nature's giants - conifer trees! Discover your inner conifer tree, look for the critters who call conifers home, and learn about all the great things trees provide us! We want you to have an excellent time exploring, so we encourage sturdy walking shoes, lots of water, and an adventurous attitude!

**Tuesday (Beach Day): Tide Pool Friends!** On Beach day we are going to learn all about the intertidal organisms that live in tide pools on the shores of Puget Sound. We will find out how these friends work together, and the different intertidal zones that they live in. This day includes a nice long hike down to the beach (with a bus ride back.) The Beach is best explored with closed toed shoes, lots of sunscreen, water and sharp observation skills.

**Wednesday (Pond Day): Beaver Buddies!** Today we are exploring the habitat of the ponds. We will be learning about all the various creatures that belong to the pond—inside and out – with a special focus on the beaver! We will have a wonderful hike, sing songs, and play many games that signify the life within the pond. Get ready for a fantastic day of exploration.

**Thursday (Meadow Day): Amazing Adaptations!** Today we will explore some of the adaptations that help certain plants and animals survive in the meadow. Be ready to transform yourself into a bird as we experiment with how our feathered friends have specialized in what they eat.

**Friday (Fun Day): Goofy Games and Silly Sweets!** To celebrate our fun week together we will search for a hidden surprise, play some favorite games, and we'll end the day with a fantastic festival!! Following the festival, we will have a specially-concocted treat and fun with our families in the Silly Spot. Families are encouraged to join us Friday afternoon at **2:30pm** to enjoy the fun of camp with your child. We'll have our goodbye ceremony complete with songs and patches.

## Nature Daycamp Staff Bios

**Trixie, Director - Hi!** My name is Trixie and I am looking forward to my fifth summer as the Nature Day Camp Director! During the non-summer months I still explore, learn, play, and hike in Discovery Park as the Nature Kids Preschool Director and Ant Class Teacher!

I received my degree in Elementary Education with an Earth Science background from Western Washington University. I have been a substitute teacher in various local school districts, but more importantly, I have also spent the past dozen+ years enjoying the outdoors and sharing that passion with kids as a day camp counselor for various parks departments and local YMCA branches. When I'm not enjoying the sunny days at Discovery Park, I'm biding my time waiting for winter to arrive (since it didn't really arrive at all last year) and exploring the big backyard of the beautiful Pacific Northwest! I am looking forward to another adventure-filled summer full of fun, learning and new discoveries!

**Erika, Assistant Director - Hi!** It's Erika! I'm back for my eleventh summer at Discovery Park Nature Daycamp. Not only am I Assistant Director, I am also a teacher at Nature Kids Preschool. I am very lucky to spend so much time at Discovery Park. I am super excited to see new and returning campers. I received a degree in Elementary Education from Montana State University. Before coming to Nature Daycamp I was a substitute teacher at Nature Kids as well as in Mukilteo and Edmonds Schools. When I'm not at Discovery Park I enjoy gardening, bike riding, hiking, reading and trying to learn Norwegian, but my favorite thing is visiting with my nieces, Kaylee and Jesimae. I am looking forward to sunny days and exploring the park I love.

**Linnaea, Environmental Educator, Yellow Den – Hi,** my name is Linnaea (from the latin name of the Twinflower, *Linnaea borealis*). I grew up in the Adirondacks in northern NY state and enjoyed spending lots of time playing outdoors. My parents taught my three younger brothers and me to appreciate all the different plants and animals we saw. Now, I feel a sense of responsibility to teach a new generation of kids to respect nature and facilitate their exploration of the natural world through hands-on activities.

I studied Biology and French at Hamilton College near Utica, NY before moving to Seattle in the fall of 2010. Since then, I have worked with babies and toddlers at a French bilingual daycare, tutored elementary students in reading through AmeriCorps, spent two summers as a naturalist at a day camp in Carkeek Park, and helped with the Nature Preschool here at Discovery Park. I am taking time to explore my career options before going to graduate school, and have recently been excited to teach kids about science and the environment.

I find it very rewarding to teach children because of their innate curiosity. I believe it is important to encourage students to use their inquisitive minds to ask questions about the world around us because that is the basis of science. I look forward to lots of fun adventures, stories, silly songs, and learning to see the world through the eyes of a kid. When I'm not working, I enjoy birding, dancing, gardening, hiking, singing, cooking, biking, and spending time with friends and family.

**Mariska, Environmental Educator, Green Den – Hello!** My name is Mariska and I'm excited to be leading the Green Den at Nature Day Camp this summer! This is my first summer as an environmental educator for NDC, but I can't wait to explore all the diverse habitats of Discovery Park with all the day campers. I feel immensely grateful for my exposure to nature as a child, and I am so excited to help foster similar experiences at NDC!

I originally hail from central Montana, surrounded by rolling plains on all sides, and mountains in the distance. Growing up, I spent a lot of my free time outside, exploring along rivers or playing for hours in nearby parks. Yet, it wasn't until I moved out to Seattle in 2008 to attend Seattle University that I really began to embrace my passion for the outdoors. After graduating, I joined the Washington Conservation Corps, and worked for a local land conservancy. My first year was spent on a habitat



restoration crew, where I spent every day in natural areas around the Puget Sound region, removing invasive species and planting native trees and shrubs. My second year I worked as a volunteer coordinator, leading community members and student groups to help in the restoration process! In addition to instilling a burning hatred for invasive blackberry and ivy, this experience also made realize how important it is to get communities, and especially kids, involved and educated about their local environment.

I love learning about native plants and forests, and my favorite tree is the Western Hemlock, because it was the first tree I was able to identify on my own! When I'm not at NDC I love to spend my time hiking, rock climbing, and baking delicious goodies for my friends to enjoy.

**Bonnie, Environmental Educator, Blue Den -** Hi! My name is Bonnie. I am pleased to be joining Discovery Park Nature Day Camp for my third summer as an Environmental Educator in the Blue Den. I fell in love with Discovery Park a couple years ago when I worked as the Nature Kids Preschool Ant Class assistant teacher. The park has plenty to offer through its inspired programs and natural beauty. I am currently pursuing a Master's degree in Elementary Education at Southern Connecticut State University in New Haven, CT. I have simultaneously been working as an assistant preschool teacher at Head Start. I've returned to Seattle for the beautiful Pacific Northwest summer. I grew up in Seattle, and am very familiar with its environment, native plants and animals. I went to undergrad at the University of Washington for Visual Art and Education. I love encouraging kids to learn through art and nature.

When I am not at Nature Kids I spend most of my time outside. I love to hike, read, draw, and play rugby. I also enjoy spending quality time with my Russian Tortoise, Phat Tony.

I cannot wait to spend my summer exploring, finding bugs, and getting muddy at Discovery Park!

**Frankie, Environmental Educator, Purple Den -** I was born in Venice Beach, California and moved to Highland, Utah for high school. Moving from the city and into the Utah mountains made me acquire a love for hiking, nature and the outdoors. I have hiked in Switzerland and Italy, where I found it amazing to be able to see the different climates, environments and nature that exists in the different parts of the world.

I currently attend the School of Social Work at the University of Washington working towards a BASW, with a focus on youth. During my last three years at the university I have been a part of a program called Jumpstart. We go into low-income preschools around Seattle to teach the basic foundations of literacy skills, phonemic awareness and alphabet knowledge.

I am excited to get the summer started hiking, teaching and learning with the kids!

**Amy, Environmental Educator, TNT -** Amy is an outdoor enthusiast, teacher, and nature photographer. She recently moved to Seattle from the east coast. Amy earned her Master of Science in teaching degree from Rochester Institute of Technology, and has eight years of experience as an environmental educator and camp counselor. During the school year, you can find her substitute teaching at Lakeside Middle School, and volunteering in the darkroom at Photographic Center Northwest. Amy loves hiking all over Washington, searching for creatures at the beach, taking adventure photos, and cooking the tasty vegetables she grows in her garden. She has been an environmental educator in Maine and California, and is thrilled to bring her experience to Seattle. Amy is so excited to explore Discovery Park with you this summer!